



National Nutrient Database for Standard Reference  
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## Full Report (All Nutrients) 09050, Blueberries, raw

Report Date: June 29, 2017 23:11 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:5% Refuse Description: Stems and green or spoiled berries

Nutrient	Unit	1 Value Per100 g	12 Data points	Std. Error	1 cup 148g	50.0 berries 68g
<strong>Proximates</strong>						
Water <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	84.21	12	0.672	124.63	57.26
Energy	kcal	57	--	--	84	39
Energy	kJ	240	--	--	355	163
Protein <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.74	12	0.019	1.10	0.50
Total lipid (fat) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.33	12	0.018	0.49	0.22
Ash <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.24	12	0.005	0.36	0.16
Carbohydrate, by difference	g	14.49	--	--	21.45	9.85
Fiber, total dietary <a href="#">2</a>	g	2.4	4	0.124	3.6	1.6
Sugars, total <a href="#">2</a> <a href="#">3</a>	g	9.96	8	0.550	14.74	6.77
Sucrose <a href="#">2</a> <a href="#">3</a>	g	0.11	8	0.000	0.16	0.07
Glucose (dextrose) <a href="#">2</a> <a href="#">3</a>	g	4.88	8	0.275	7.22	3.32
Fructose <a href="#">2</a> <a href="#">3</a>	g	4.97	8	0.276	7.36	3.38
Lactose <a href="#">2</a> <a href="#">3</a>	g	0.00	8	0.000	0.00	0.00
Maltose <a href="#">2</a> <a href="#">3</a>	g	0.00	8	0.000	0.00	0.00
Galactose <a href="#">2</a> <a href="#">3</a>	g	0.00	8	0.000	0.00	0.00
Starch <a href="#">2</a>	g	0.03	4	0.027	0.04	0.02
<strong>Minerals</strong>						
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	6	12	0.785	9	4
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.28	12	0.011	0.41	0.19
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	6	12	0.197	9	4

Nutrient	Unit	1			1 cup 148g	50.0 berries 68g
		Value Per 100 g	Data points	Std. Error		
Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	12	12	0.508	18	8
Potassium, K <a href="#">1</a> <a href="#">3</a>	mg	77	6	5.450	114	52
Sodium, Na <a href="#">1</a> <a href="#">3</a>	mg	1	6	0.353	1	1
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.16	12	0.017	0.24	0.11
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.057	12	0.014	0.084	0.039
Manganese, Mn <a href="#">1</a> <a href="#">2</a>	mg	0.336	8	0.028	0.497	0.228
Selenium, Se <a href="#">3</a>	µg	0.1	2	--	0.1	0.1
<b>Vitamins</b>						
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	9.7	4	0.890	14.4	6.6
Thiamin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.037	12	0.006	0.055	0.025
Riboflavin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.041	12	0.000	0.061	0.028
Niacin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.418	12	0.089	0.619	0.284
Pantothenic acid <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.124	12	0.008	0.184	0.084
Vitamin B-6 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.052	12	0.000	0.077	0.035
Folate, total <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	µg	6	12	0.123	9	4
Folic acid	µg	0	--	--	0	0
Folate, food	µg	6	12	0.123	9	4
Folate, DFE	µg	6	--	--	9	4
Choline, total <a href="#">2</a>	mg	6.0	--	--	8.9	4.1
Betaine <a href="#">2</a>	mg	0.2	1	--	0.3	0.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	µg	3	--	--	4	2
Retinol	µg	0	--	--	0	0
Carotene, beta <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	32	16	3.292	47	22
Carotene, alpha <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	0	12	0.000	0	0
Cryptoxanthin, beta <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	0	12	0.000	0	0
Vitamin A, IU <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	IU	54	--	--	80	37
Lycopene <a href="#">2</a> <a href="#">3</a>	µg	0	6	0.000	0	0
Lutein + zeaxanthin <a href="#">2</a> <a href="#">3</a>	µg	80	6	5.650	118	54
Vitamin E (alpha-tocopherol) <a href="#">2</a>	mg	0.57	4	0.097	0.84	0.39
Vitamin E, added	mg	0.00	--	--	0.00	0.00

Nutrient	Unit	1			1 cup 148g	50.0 berries 68g	
		Value Per 100	Data points	Std. Error			
	g						
Tocopherol, beta <sup>2</sup>	mg	0.01	4	0.000	0.01		0.01
Tocopherol, gamma <sup>2</sup>	mg	0.36	4	0.048	0.53		0.24
Tocopherol, delta <sup>2</sup>	mg	0.03	4	0.009	0.04		0.02
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0		0.0
Vitamin D	IU	0	--	--	0		0
Vitamin K (phylloquinone) <sup>2,3</sup>	µg	19.3	8	1.546	28.6		13.1
<b>Lipids</b>							
Fatty acids, total saturated	g	0.028	--	--	0.041		0.019
4:0	g	0.000	--	--	0.000		0.000
6:0	g	0.000	--	--	0.000		0.000
8:0	g	0.000	--	--	0.000		0.000
10:0	g	0.000	--	--	0.000		0.000
12:0	g	0.000	--	--	0.000		0.000
14:0	g	0.000	--	--	0.000		0.000
16:0	g	0.017	--	--	0.025		0.012
18:0	g	0.005	--	--	0.007		0.003
Fatty acids, total monounsaturated	g	0.047	--	--	0.070		0.032
16:1 undifferentiated	g	0.002	--	--	0.003		0.001
18:1 undifferentiated	g	0.047	--	--	0.070		0.032
20:1	g	0.000	--	--	0.000		0.000
22:1 undifferentiated	g	0.000	--	--	0.000		0.000
Fatty acids, total polyunsaturated	g	0.146	--	--	0.216		0.099
18:2 undifferentiated	g	0.088	--	--	0.130		0.060
18:3 undifferentiated	g	0.058	--	--	0.086		0.039
18:4	g	0.000	--	--	0.000		0.000
20:4 undifferentiated	g	0.000	--	--	0.000		0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000		0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000		0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000		0.000
Fatty acids, total trans	g	0.000	--	--	0.000		0.000
Cholesterol	mg	0	--	--	0		0
<b>Amino Acids</b>							
Tryptophan	g	0.003	--	--	0.004		0.002

Nutrient	Unit	1			1 cup 148g	50.0 berries 68g	
		Value Per 100	Data points	Std. Error			
Threonine	g	0.020	--	--	0.030		0.014
Isoleucine	g	0.023	--	--	0.034		0.016
Leucine	g	0.044	--	--	0.065		0.030
Lysine	g	0.013	--	--	0.019		0.009
Methionine	g	0.012	--	--	0.018		0.008
Cystine	g	0.008	--	--	0.012		0.005
Phenylalanine	g	0.026	--	--	0.038		0.018
Tyrosine	g	0.009	--	--	0.013		0.006
Valine	g	0.031	--	--	0.046		0.021
Arginine	g	0.037	--	--	0.055		0.025
Histidine	g	0.011	--	--	0.016		0.007
Alanine	g	0.031	--	--	0.046		0.021
Aspartic acid	g	0.057	--	--	0.084		0.039
Glutamic acid	g	0.091	--	--	0.135		0.062
Glycine	g	0.031	--	--	0.046		0.021
Proline	g	0.028	--	--	0.041		0.019
Serine	g	0.022	--	--	0.033		0.015
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0		0.0
Caffeine	mg	0	--	--	0		0
Theobromine	mg	0	--	--	0		0
<b>Flavonoids</b>							
Anthocyanidins							
Cyanidin <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a>	mg	8.46	55	1.79	12.52		5.75
Petunidin <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a>	mg	31.5	54	1.64	46.7		21.4
Delphinidin <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a>	mg	35.4	55	5.49	52.4		24.1
Malvidin <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a>	mg	67.6	54	3.5	100.0		46.0
Pelargonidin <a href="#">8</a> <a href="#">10</a>	mg	0.0	8	0	0.0		0.0
Peonidin <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">15</a>	mg	20.3	17	4.43	30.0		13.8
Flavan-3-ols							
(+)-Catechin <a href="#">10</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a>	mg	5.3	23	1.77	7.8		3.6
(-)Epigallocatechin <a href="#">10</a> <a href="#">17</a> <a href="#">18</a>	mg	0.7	15	0.18	1.0		0.4
(-)Epicatechin <a href="#">10</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a>	mg	0.6	33	0.09	0.9		0.4

Nutrient	Unit	1			1 cup 148g	50.0 berries 68g
		Value Per100	Data points	Std. Error		
(-)Epicatechin 3-gallate <a href="#">10</a> <a href="#">17</a> <a href="#">18</a>	mg	0.0	15	0	0.0	0.0
(-)Epigallocatechin 3-gallate <a href="#">10</a> <a href="#">17</a> <a href="#">18</a>	mg	0.0	15	0	0.0	0.0
(+)-Gallocatechin <a href="#">10</a> <a href="#">17</a> <a href="#">18</a>	mg	0.1	15	0.03	0.2	0.1
Flavanones						
Hesperetin <a href="#">10</a>	mg	0.0	8	0	0.0	0.0
Naringenin <a href="#">10</a>	mg	0.0	8	0	0.0	0.0
Flavones						
Apigenin <a href="#">8</a> <a href="#">10</a>	mg	0.0	8	0	0.0	0.0
Luteolin <a href="#">8</a> <a href="#">10</a>	mg	0.2	4	0.2	0.3	0.1
Flavonols						
Kaempferol <a href="#">8</a> <a href="#">13</a> <a href="#">16</a> <a href="#">19</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a>	mg	1.7	17	0.21	2.5	1.1
Myricetin <a href="#">8</a> <a href="#">10</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">16</a> <a href="#">19</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a>	mg	1.3	62	0.21	1.9	0.9
Quercetin <a href="#">8</a> <a href="#">10</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">16</a> <a href="#">19</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">26</a>	mg	7.7	72	0.18	11.4	5.2
Isoflavones						
Daidzein <a href="#">27</a> <a href="#">28</a>	mg	0.00	2	--	0.00	0.00
Genistein <a href="#">27</a> <a href="#">28</a>	mg	0.00	2	--	0.00	0.00
Glycitein <a href="#">28</a>	mg	0.00	1	--	0.00	0.00
Total isoflavones <a href="#">27</a> <a href="#">28</a>	mg	0.00	2	--	0.00	0.00
Formononetin	mg	0.00	1	--	0.00	0.00
Coumestrol	mg	0.00	1	--	0.00	0.00
Proanthocyanidin						
Proanthocyanidin dimers <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	6.4	12	3.24	9.5	4.4
Proanthocyanidin trimers <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	4.9	12	3.01	7.3	3.3
Proanthocyanidin 4-6mers <a href="#">6</a> <a href="#">7</a>	mg	20.5	9	4.24	30.4	14.0
Proanthocyanidin 7-10mers <a href="#">6</a> <a href="#">7</a>	mg	14.3	9	2.02	21.2	9.7
Proanthocyanidin polymers (>10mers) <a href="#">6</a> <a href="#">7</a>	mg	136.0	9	48.98	201.3	92.5

#### Sources of Data

<sup>1</sup>Produce Marketing Association (PMA) Nutrient Content of Blueberry, 1990

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4d, 2001 Beltsville MD

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